



The Journal

Vol. 27

No. 36

www.cnic.navy.mil/bethesda/

September 10, 2015

Suicide Prevention: A Continuous Effort

By Andrew Damstedt
NSAB Public Affairs
staff writer

Ask. Care. Treat.

Those three words are used in the U.S. Navy's suicide prevention training that takes place throughout the entire year, but is specially emphasized in September when the U.S. Department of Defense recognizes the month to promote awareness of resources available for suicide prevention.

The U.S. Army and U.S. Air Force use the phrase "Ask, Care, Escort" in their training.

"Ask: Ask someone if they are having suicidal thoughts," said Anna Rhodes, Fleet and Family Services education services facilitator. "Care: Actively listen, show support in a protective environment. Treat/Escort: Take them to the emergency room or the chaplain's office, call their chain of command."

Onboard Naval Support Activity Bethesda (NSAB) there are several resources people can use to help someone who is considering suicide. NSAB's Suicide Prevention Coordinator and

Base Chaplain, Lt. Christilene Whalen, is always available to assist and can be reached at by phone at Cell: 301-318-9228, Office 1: 301-319-5058 and Office 2: 301-319-4443.

The Fleet and Family Services office, located in Building 11, has clinical case managers who provide short-term counseling for someone who is contemplating suicide. They also go to various commands to provide suicide prevention classes, which focus on identifying warning signs, learning how to respond to someone who is contemplating suicide and showing what resources are available, Rhodes said.

Fleet and Family Services also gives a quarterly Apply Suicide Intervention Skills Training (ASIST), for military, civilian employees and adult family members to learn how to talk to someone who is suicidal.

Rhodes said they focus on suicide prevention every month, not just in September, because it is a big problem within the military.

"We dedicate one whole month in

See **PREVENTION** page 6



Courtesy Graphic

National Preparedness Month: Make an Emergency Plan



Photo by Andrew Damstedt

In September, Naval Support Activity Bethesda Emergency Management Department and Fleet and Family Services employees, as well as American Red Cross volunteers, are passing out information on how to be prepared for an emergency as part of National Preparedness Month.

By Andrew Damstedt
NSAB Public Affairs
staff writer

As part of National Preparedness Month, Naval Support Activity Bethesda's (NSAB) Emergency Management Department is reminding people to have an emergency plan in place before a disaster occurs.

"National Preparedness Month is an opportunity to talk with our families, friends, and colleagues about the risks in our communities and to practice our responses in all the places we regularly visit," said Les Hiatt, NSAB deputy emergency manager. "The theme for this month is 'Don't wait, communicate. Make your emergency plan today.'"

In September, the emergency management department along with Fleet and Family Services and American Red Cross volunteers are setting up tables to pass out information on how to prepare for a disaster, such as passing out family disaster preparedness guides, hurricane preparedness guides and winter storm guides, among other items.

"We should be familiar with local threats and hazards and take steps to reduce their devastating impacts," Hiatt said. "Families should prepare an emergency supplies kit and develop a plan. When making your kit, don't forget to make one up for your pets and have them as part of your plan."

Hiatt also said families should practice.

See **PLAN** page 6

Commandant's Corner

August was a busy month, but September is proving to be even busier. Since my last Commandant's Corner, I've completed my installation visits (except for NSF Thurmont), begun community outreach, and we initiated our command-wide Organizational Climate Survey. If you haven't completed your survey, I ask that you please do so. I value your input and need your help to improve our work life and environment.

In August, I visited Naval Support Activity (NSA) Bethesda, NSA Washington and Joint Base Anacostia-Bolling. As with the previous installations visits, these visits were informative and enlightening as to how each installation manages their unique challenges and opportunities. I continue to be impressed by the great work you do each and every day with our limited resources and the outstanding customer service you extend to our tenants.

I had the opportunity to address the South Potomac Community Relations (COMREL) Council and meet some of the community leaders that Captain Feinberg works with every day. Regular, meaningful community engagement is critical and plays a key role in the ability of our installations and tenants to accomplish their missions. This month I will begin engaging community and civic groups with on base luncheons and speaking engagements. I look forward to these opportunities to tell the Navy story and show off our installations and people.

I also recently had the opportunity to meet with the NDW Chief's Mess and hold an all-hands call with NDW's E-6 and below. Both engagements resulted in lively discussions about some of the key issues facing the Navy today. I especially appreciated everyone's candor and willingness to share their thoughts and recommendations for improvement. I greatly value your input and opinion.

Thanks to all of those who attended the NDW command picnic. I had a fun time and greatly



appreciate the efforts of those who had a hand in scheduling and executing the event.

This month we pin a new group of Navy Chiefs. This is always a special time in our Navy as we welcome these new leaders, with their new ideas and energy, into the khaki ranks. Early congratulations to our newest Chiefs and their families...quite an accomplishment.

October is National Energy Awareness Month and in next month's Commandant's Corner I'll be sharing some thoughts on the Navy's Energy Program and our role in it as the installation enterprise.

Rear Adm. Yancy Lindsey
Commandant, Naval District Washington

Bethesda Notebook

Lean Six Sigma Green Belt Course

Lean Six Sigma training will be Oct. 19-23. The training is designed to equip participants with the principles and tools necessary to drive improvements based on data using the best industry-standard methodologies. For more information, contact HM3 Paige Gerkin at paige.m.gerkin.mil@mail.mil.

Healing Arts Exhibit

The Healing Arts Exhibit (previously known as the Breast Cancer Art Show) at Walter Reed National Military Medical Center will be Oct. 8 at 3 p.m. in the Pavilion between the America Garage and Building 19. Artwork submissions will be accepted until Oct. 2. For more information regarding submissions, contact Jessica Shipman at 301-319-2896 or Capt. Moira G. McGuire at 301-319-8755.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Sept. 17 from 1 to 2 p.m. and from 6:30 to 7 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited to attend. Military ID is required for base access. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days before the event. For more information, contact retired Col. Jane Hudak at 301-319-2918.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones	NSAB Ombudsman	
Public Affairs Officer: Ronald D. Inman	Michelle Herrera	240-370-5421
Public Affairs Office: 301-295-1803		
	NSAB Chaplain's Office	301-319-4443/4706
	Sexual Assault Response Coordinator Hotline	301-442-2053
	The Journal Archive Online: http://www.dcmilitary.com/section/newspaperArchive/Journal	
	Visit us on Facebook:	
	Naval Support Activity Bethesda page: https://www.facebook.com/NSABethesda	
	Walter Reed National Medical Center page: http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107	
	Uniformed Services University of the Health Sciences page: http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts	
NSA Bethesda		
Fleet And Family Support Center	301-319-4087	
Walter Reed National Military Medical Center Office of Media Relations	301-295-5727	
NSAB Emergency Information Line	301-295-6246	

Journal Staff

Managing Editor	MC3 Hank Gettys
WRNMMC Editor	Bernard Little
Staff Writers	MC1 Christopher Krucke
	Andrew Damstedt
	Sarah Marshall
	Sharon Renee Taylor
	Joseph Nieves

Joint Staff Surgeon to Speak on Leadership vs. Management



Courtesy photo

Army Maj. Gen. (Dr.) Nadja West, Joint Staff Surgeon

**By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer**

Army Maj. Gen. (Dr.) Nadja West is slated to speak at the “Leadership versus Management” panel discussion at Walter Reed National Military Medical Center (WRNMMC) Sept. 14 from 10 to 11:30 a.m. in the Memorial Auditorium.

The panel discussion will launch the second session of the WRNMMC Leadership

Academy, which offers role-based education and training on leadership and management skills on a variety of levels.

West currently serves as the Joint Staff Surgeon. The dermatologist, also credentialed in family practice, became the first Army officer to join the leadership team of the former National Naval Medical Center in 2007. Prior to that, she commanded MacDonald Army Health Center at Fort Eustis, Va., and Womack Army Hospi-

tal at Fort Bragg, N.C.

The general will join a panel of WRNMMC leaders including Loretta M. Hobbs, Ph.D., senior organization development practitioner; Command Master Chief Tyrone Willis, Senior Enlisted Advisor for WRNMMC; and Army Col. (Dr.) Peter J. Weina, Ph.D., chief of the Department of Research Programs.

Registration is open for the winter session (September, October, and November) of

the Leadership Academy, with classes beginning Sept. 14. For more information about the academy, contact Maj. Latonya Walker, service chief, Staff and Faculty Development, at 301-400-3346, or email, latonya.r.walker.mil@mail.mil. For information about registration, contact Mary Johnson at mary.b.johnson.civ@health.mil or Hospital Corpsman 1st Class Ernesto Santa Ana at Ernesto.santaana.mil@mail.mil.

Three Stars for Laura Lee: Therapy Dog Promoted to Vice Admiral



**By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer**

Surgeon General of the Navy Vice Adm. Matthew L. Nathan promoted Rear Adm. Laura Lee, a Golden Retriever, to three-star rank at a special ceremony held during morning colors at Walter Reed National Military Medical Center (WRNMMC), Sept. 3.

The 10-year-old canine has served military medicine for the last eight years, beginning in 2007 with the rank of lieu-

tenant as a pet therapy dog to ill and injured patients, as well as medical staffers.

“This is a significant ceremony — it is not designed to be trivial, cute or for a laugh. It’s designed to recognize a battle-buddy, a shipmate, a wingman, a steadfast colleague who has been there, in and out, 24/7, 365 for some of the most deserving population, deserving men and women on the face of the planet,” Nathan said. “They say in Washington, D.C., if you need a friend then you ought to get a dog. I think



Photos by Sharon Taylor

Surgeon General of the Navy Vice Adm. Matthew L. Nathan promoted Rear Adm. Laura Lee, a Golden Retriever, to three-star rank at a special ceremony held during morning colors at Walter Reed National Military Medical Center (WRNMMC), Sept. 3. The 10-year-old Golden Retriever began as the first facility dog in 2007, working with wounded ill, and injured patients, as well as medical center staffers.

that’s never been [truer] than here.”

A benevolent organization that trains service dogs for the blind donated Laura Lee and the other dogs in the WRNMMC facility dog program, according to Patricia Barry, who coordinates the program. When the canines were not selected as guide dogs, they were career-changed to serve at the medical center. Laura Lee had a hip issue that prevented her from working as a guide dog. “They’re all excellent dogs,” Barry said.

As the first therapy dog at the former National Naval Medical Center, Laura Lee

has worked in more than two dozen departments, providing comfort, support and “a connection to normalcy” for recovering patients with her trademark “lean in”, Nathan added.

“We noticed from a very young age, when we first got her, she’s a dog that detects stress,” explained Barry. “She knows when there’s a stressful situation; she gravitates to anyone who’s stressed out.”

Known for her calming effect, Laura Lee works well with surgical patients, and inpatients in behavioral health, Barry said. After her promotion ceremony, the canine wore her three stars and pink cancer support ribbon on her

Navy uniform to work with breast care and oncology patients. After all, Laura Lee is a cancer survivor, too. The flag officer was diagnosed and treated for a rare skin cancer earlier this year.

She no longer wears her jacket, now heavy with pins, ribbons, and a Purple Heart, presented to her by service members who see her as a part of themselves. Laura Lee represents them, her caretaker said.

Therapy dogs aren’t judgmental, Barry explained. “They offer unconditional love. They get people better than we do.”

Clinical Nurse Specialists Recognized

By Sarah Marshall
WRNMMC Public
affairs staff writer

Throughout Walter Reed National Military Medical Center (WRNMMC), Clinical Nurse Specialists (CNS) can be found providing their clinical expertise to staff, patients and their families, while mentoring junior nurses, researching evidenced-based practices, and ensuring the highest standards of care are consistently implemented, according to the many Clinical Nurse Specialists at the medical center.

To recognize the dedication of CNSs at WRNMMC, leadership and staff celebrated Clinical Nurse Specialist Week Sept. 1-7, with a number of events, including an ice cream social, a breakfast, and CNS-focused hospital rounds.



Photo by Sarah Marshall

Lt. Cmdr. Frank Jones helps lead a Basic Dysrhythmia Course, with Lt. J.G. Gloria Oakman, a nurse he has helped to mentor, and is now able to teach the course.

Lt. Cmdr. Frank Jones, a CNS in the Inpatient Clinical Education Department, explained a CNS is a licensed registered nurse with graduate preparation (master's or doctorate) in nursing. There are approximately 24 Clinical Nurse Specialists at WRNMMC in various clinics and departments, providing expertise in patient care

and care coordination, he said. To become a CNS, they received additional, specialized training in a focus area, such as pediatrics, adult care, geriatrics, acute care or trauma.

"We're expert clinicians. We bring various key stakeholders in the organization together, to achieve common goals that will improve out-

comes," Jones said. They are "uniquely qualified" to perform the job and responsibilities in their focus area, he added.

It's important to educate staff about the role of the CNS, not only during CNS week, but year-round, so they understand the support a CNS can provide, according to Jones, who specializes in acute care and emergency room trauma.

A CNS is considered a consultant as leadership often calls on their expertise, he continued. The command seeks their help on evaluating and recommending technologies or equipment to use, such as patient call systems or pain control pumps, Jones said. Additionally, a CNS can collaborate on research, helping providers find the "latest and greatest" in evidenced-based practices, and can translate research at the bedside, he said. He added if a provider is looking to solve a challenging clinical

problem, they can also call on a CNS.

Working in both the outpatient and inpatient setting, the CNS is also known as an advocate, he said, as they constantly seek out what's best for the patient and their families.

For Jones, his favorite aspect of the job is serving as an educator and mentor to junior nurses and enlisted medical personnel.

"We do a lot of education, helping [with] everyday nursing skill sets," he said. "We encourage, grow and coach junior nurses to become competent, educators, and confident in their skills."

Army Maj. Trisha Biel-ski, a CNS in the Surgical Intensive Care Unit, agreed.

"Working with the nurses, mentoring and guiding them – I enjoy that," she said. She added she appreciates making an impact on different spheres of practice:

patient/family care, nursing, and the organization itself.

"[CNS Week] is an opportunity to educate staff on what we can do for them, and how impactful we are to the organization," she said.

Army Lt. Col. David Vollbrecht expressed similar sentiments. As a CNS ambulatory advisor specializing in trauma care, Vollbrecht enjoys advising in trauma care, and enjoys advising providers on ways to continue improving patient care, he explained. This involves educating nurses, helping them solve any potential problems systematically. As a CNS, he looks at patient care from an organizational standpoint, asking the question: "How do we make the organization work for the patient?"

"I'm here to help," he said. "We're looking to make the lives of our employees and patients better."

Beautiful & Affordable Apartments ALL Utilities Included! Just Minutes From Walter Reed!



Military Benefits Package:

- NO Application Fee!
- NO Credit Check!
- NO Security Deposit!

**All Active &
Retired Military
Members Receive
\$100 Off Rent
Per Month!**



Call Now For A Tour & Availability

301.949.1215
10225 Frederick Ave.,
Kensington, MD 20895

1051578

Army Officers Earn 'A' Proficiency Designator



Photo by Bernard S. Little

Walter Reed National Military Medical Center (WRNMMC) Director Maj. Gen. (Dr.) Jeffrey B. Clark (right) recognizes Army officers assigned to WRNMMC who recently earned the "A" Proficiency Designator during a meeting of the WRNMMC Board of Directors on Sept. 1. The "A" Proficiency Designator is the highest recognition for professional excellence in the Army Medical Department (AMEDD).

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Ten Army officers at Walter Reed National Military Medical Center (WRNMMC) recently earned the "A" Proficiency Designator, the

highest recognition for professional excellence in the Army Medical Department (AMEDD).

Candidates for the honor "must be eminently qualified to chair a department, division or service, or have attained full professional status

and national prominence in their field," according to AMEDD officials.

"They must also be a leader in their specialty, have published extensively, and be active in national professional

See ARMY page 5

WANTED: Voice of the Customer!

By the WRNMMC Patient and Family-Centered Care Steering Committee

Listening to patients and their families is a key to understanding the needs of military health care system beneficiaries at Walter Reed National Military Medical Center (WRNMMC), according to members of the Patient and Family-Centered Care (PFCC) Steering Committee.

"We asked ourselves, 'What can be done to give our patients a voice that will be heard on a regular basis?' Our beneficiaries rely on us to effectively serve their health-care needs and those of their families. We want them to actively collaborate with us in providing the safest quality health-care possible," said PFCC member Terry Sellars.

One way for our patients and their families to be heard is the current "Patient and Family-Centered Care Culture Survey" now located on the WRNMMC public website, Sellars continued. The new PFCC Culture Survey icon is located on right-hand side of the homepage, a regular addition to the WRNMMC homepage. The survey is user-friendly and takes about a minute to fill out, she added.

The survey can be found at <http://www.wrnmmc.capmed.mil/SitePages/home.aspx>.



Courtesy graphic

www.wrnmmc.capmed.mil/SitePages/home.aspx.

"We are asking that our providers bring this survey to the attention of their patients and their families. We can assure them their comments will be read and reported on by the PFCC Steering Committee which has sitting members of the Board of Directors, as well as patient representatives in attendance," Sellars said.

The PFCC Steering Committee meets regularly on the fourth Thursday of the month. Please contact Terry Sellars at ellen.t.sellars.civ@mail.mil or Dr. Lina Kubli at lina.r.kubli.civ@mail.mil for more information.

ARMY

Continued from pg. 4

organizations. In addition, they must have a total of at least 15 years of professional experience, including at least 10 years on active duty with the AMEDD," officials add.

Those earning the honor included Col. Eva Calero (lab officer, pathology); Col. Jeffery Nelson (department chief, surgery); Col. Michael Royer (program director, dermatopathology fellowship); Lt. Col. Amy Blank (director, audiology and speech pathology); Lt. Col. Cheryl Creamer (chief, inpatient clinical education); Lt. Col. Claudia Henemyer-Harris (chief, core labora-

tory services); Lt. Col. Matthew Hueman (chief, surgery-oncology); Lt. Col. Anthony Meador (special assistant to the chief of staff); Lt. Col. Joel Moncur (department chief, pathology); and Lt. Col. Benjamin Potter (vice-chair for research, orthopedic surgery).

"This is a big deal," said WRNMMC Director Maj. Gen. (Dr.) Jeffrey B. Clark, who recognized the officers during a meeting of WRNMMC's Board of Directors Sept. 1. He added WRNMMC had the largest number of recipients who earned the designator for 2015. He explained those earning the honor are true professionals who have worked hard and dedicated a significant amount of time to distinguish themselves in their fields and within the AMEDD.

SECURITY OFFICERS

Herndon, Manassas & Sterling, VA

IMMEDIATE OPENINGS:

- Unarmed Security Officers with **DoD Secret & TS SECURITY CLEARANCE**. FT & PT weekend positions. Prior security, military or law enforcement is preferable.

FOR EMPLOYMENT one must be a US citizen, English proficient w/ good computer skills, 21 years or older w/ HS diploma/GED & drug free with no criminal record.

WE PROVIDE weekly pay, health benefit options, matching 401k, tuition reimbursement and uniforms.

APPLY IN PERSON - NO PHONE CALLS

Mon-Thurs, 10am-4pm

Guardsmark, LLC

14120 Parke-Long Ct. #201, Chantilly, VA 20151

VA Lic 11-1195 / EOE

1070023

We've got you covered for
*Memory Care, Senior Living,
Nursing & Rehabilitation*

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.

By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

**Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427**

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

**Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410**



HCR ManorCare 
Heartland • ManorCare • Arden Courts

1051579

PLAN

Continued from pg. 1

tice their emergency plan so everyone knows what to do in case of an emergency and reminded people to make the plan simple so everyone, including children, can remember the details.

As part of the plan, Hiatt said families should have a basic emergency kit, which should include:

- Water: One gallon of water per person per day, for at least three days
- Food: Three-day supply of non-perishable food, include canned goods and low sodium snacks
- Can opener
- Battery-powered or hand crank radio
- Extra batteries
- First aid kit and prescription medication

- Whistle to signal for help
- Dust masks for each family member
- Moist towelettes, garbage bags and plastic ties
- Tools to turn off utilities
- Cash – a minimum of \$100 in small bills
- Flashlight
- Local maps
- Family Emergency Plan
- Important documents in a waterproof container

Other items to consider putting in an emergency kit include infant formula and diapers, pet food and extra water for your pet, sleeping bags or warm blankets for each person (additional bedding if in a cold-weather climate), a complete change of clothing for each person (long-sleeved shirt, long pants and sturdy shoes), household chlorine bleach and a medicine dropper (bleach can be used as a disinfectant when diluted nine parts water to one part bleach), a fire extinguisher, matches in a waterproof container, feminine hygiene supplies, personal hygiene items,

mess kits, paper towels, books, games, puzzles and other activities for children.

Canned food should be stored in a cool, dry place, Hiatt said. Regularly inspect the cans and throw out any canned goods that become swollen, dented or corroded. Use foods before they go bad and replace them with fresh supplies; place new items in the back of storage and older ones in the front.

The emergency kit storage location should be kept in a designated place at home and have it readily accessible in case leaving home quickly is necessary, Hiatt said. Make sure all family members know its location and consider having supplies for sheltering up to two weeks, he said.

At work, he advised that people need to be prepared to shelter at work for 24 hours, so include items such as food, water and other necessities like medicine in a work kit.

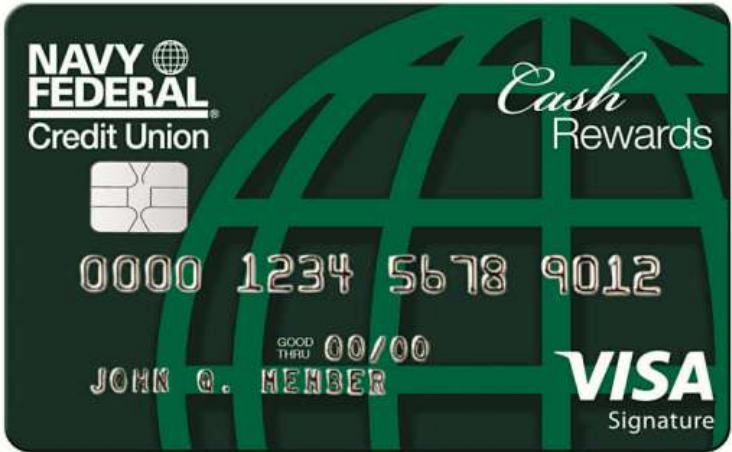
Keep an emergency supplies kit in your vehicle as well, Hiatt said. The vehicle kit should include jumper cables, flashlights, extra batteries, first aid kit and necessary medications, canned fruit, nuts and energy bars, a can opener, water, cat litter or sand for better tire traction, an ice scraper, gloves, hat, boots, a jacket, extra changes of clothes, blankets or sleeping bags, and an AM/FM radio to listen to traffic reports.

For more information, visit www.ready.gov or contact the NSAB Emergency Management office at 301-295-2219 or 301-319-2554 to get pamphlets and ideas on how to make an emergency supply kit. The U.S. Department of Defense Web site also has a special report for National Preparedness Month at www.defense.gov/News/Special-Reports/National-Preparedness.

EARN 1.5% CASH BACK ON PURCHASES¹

With the *cash*Rewards card, you get 1.5% cash back on purchases, and there's no limit to the amount you can earn. Plus, enjoy:

- > no annual fee²
- > no balance transfer fee
- > low interest rates



**NAVY
FEDERAL**
Credit Union

APPLY TODAY!

navyfederal.org 1.888.842.6328

Federally insured by NCUA. ¹Earn rewards on eligible net purchases. "Net purchases" means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, Navy Federal cash equivalent transactions, such as the purchase, loading, or re-loading of Navy Federal prepaid and gift cards (e.g., Navy Federal gift cards, Visa® Buxx Cards, GO Prepaid Cards). ²Currently, rates range from 9.65% APR to 18% APR, are based on creditworthiness, and will vary with the market based on the Prime Rate. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per overseas transaction. Foreign transaction fees: 0.80% of transaction amount if in U.S. dollars, 1% of transaction amount if must convert to U.S. dollars. © 2015 Navy Federal NFCU 13351 (7-15)



PREVENTION

Continued from pg. 1

getting out the information and resources," Rhodes said. "Just because the wars are abating, doesn't mean we don't have problems here at home."

In its quarterly report, the Department of Defense reported 57 active-duty suicides for the first three months of 2015, and 42 in the Reserve component. In 2014, the DOD reported 273 active duty suicides and 169 in the Reserve component.

Warning signs of someone who is contemplating suicide, as posted on the Veterans Crisis Line website www.veteranscrisisline.net, include showing signs of depression, anxiety or low self-esteem, such as frequent and dramatic mood changes; feelings of failure or decreased performance and talking about feeling trapped like there is no way out of a situation or no solution to their problems, among others.

For a veteran or service member showing any of those signs, they can call the Military Crisis Line at 1-800-273-8255 (press 1), text 838255 or visit www.militarycrisisline.net for a confidential chat.

Throughout the month of September, Fleet and Family Services will have outreach tables to connect individuals with information about suicide prevention. The tables will also have information about National Preparedness Month, which is also in September. The outreach tables will be at the Uniformed Services University of the Health Sciences (USU) Sept. 14 from 10:30 a.m. to 1:30 p.m.; Main Street in Walter Reed National Military Medical Center Sept. 22, 11 a.m. to 1:30 p.m.; Building 19, Sept. 22 from 11 a.m. to 1:30 p.m.; and the Navy Lodge, Sept. 23 from 6 a.m. to 9 a.m.



Classifieds

Call **301-670-2503**

Apartments

CLINTON -2 Bdrm, 1 Ba efficiency w/full kitchen, priv entrn. **for single prof male or female**, 3 mi to AAFB, \$800/mo. All utilities & cable incl., Avail. 8/1. Call 202-550-7606.

Merchandise Sales

LADIES NAVAL UNIFORMS, Kaki shirts, size 34; Pants (kakis & Black-varies sizes), sweaters, med sz. & skirts; plus accessories. Very good condition & will sell cheap. Call or text 703-389-1104

Condos For Rent

N BETHESDA: 3Br, 2Fb, 1500sf, Nr Walter Reed NMMC. Ample closets & storage, eat-in kit, inside laundry, VFIOS \$2500/mo, pics avl, 301-275-5554 or scronin2@verizon.net

Shared Housing

KENSINGTON AREA Fully furnished room for rent in house w/ full kitchen privileges. 10 min. from Walter Reed. Safe, quiet neighborhood. Seeks non-smoking, clean, friendly professional female w/ full-time job at Walter Reed to fit in, live w/ family of 3 w/ one dog and bird. \$925.00/mo utilities incl. Call (202) 288-9363

Condos for Sale Montgomery Co.

NORTH BETHESDA/ ROCKVILLE Grosvenor Park Studio Condo for sale, 487 sq ft.; near Metro, NIH, Walter Reed. GREAT LOCATION! Great price of \$159,000. Call Scott Egloff, Realtor WC&AN Miller 301-674-8866 cell 301-229-4000 office

Let us help you find the right candidate, recruiting can be simple!

Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



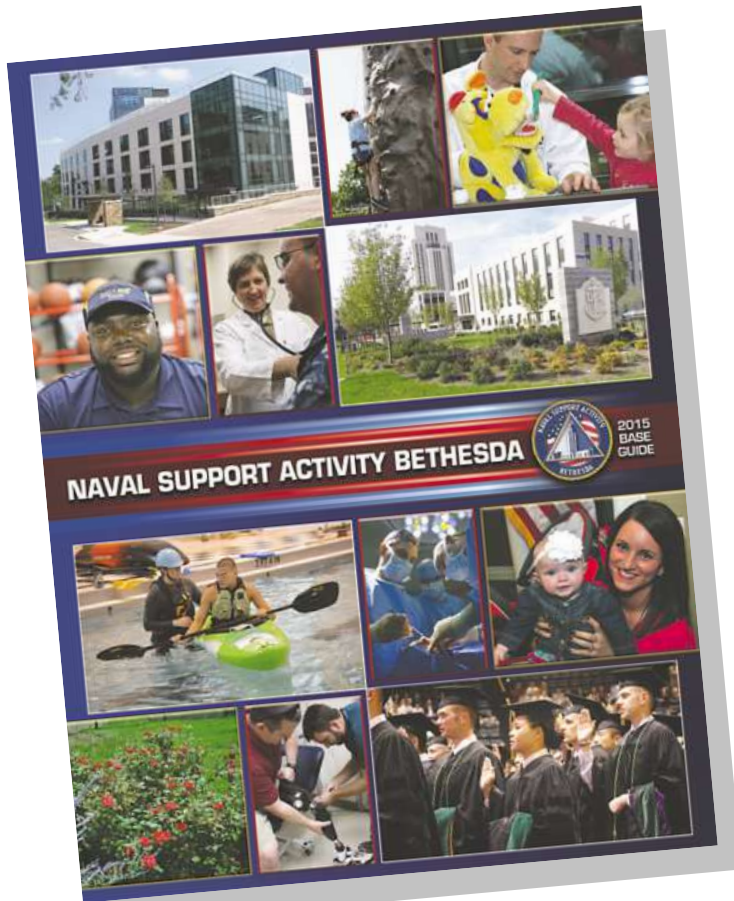
ARE
So
YOU
Are
READING
Over 450,000
THIS
Others!
AD?

Why Advertise? Because it works!

**Call 301-670-2503
TO PLACE YOUR AD!**

NAVAL SUPPORT ACTIVITY BETHESDA

2016 ANNUAL WELCOME GUIDE



Don't miss your chance to advertise in THE ONLY comprehensive guide to resources, facilities, attractions and more for military personnel at NSA Bethesda including Walter Reed!

Advertising deadline:
October 9

Reserve your ad space today!
Email mminar@dcilitary.com or call:
301-921-2800

Ask about special pricing and custom packages for new advertisers!

1051341



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
B E T H E S D A

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos used for advertising purposes only.

1051580